



Perry Villager



Embrace the possibilities

4241 Village Circle • Harbor Springs, Michigan 49740 • www.pvm.org • August 2024

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From our Executive Director – Barbara W. Bear

Dear Residents, Owners, Family, and Friends,

As we find ourselves in August, it’s incredible to reflect on the vibrant summer we’re enjoying here in Harbor Springs. It’s been a pleasure to meet and connect with the many family and friends visiting Perry, and I want to extend a warm thank you for the gracious welcome you’ve given our new summer residents in both the Condos and Terrace studios.

Kjersti and Tiera have lined up a variety of activities this month, including shopping trips, outings, music events, and more. Be sure to check out the Happenings and mark your calendars! For those who haven’t yet participated in our fitness classes, now is the perfect time to join in on walks, sit-n-fit sessions, personal fitness time, and meditation.

We have an important event coming up on August 14th. Starting at 3:00 PM, we will hold our Annual Owners and Residents Meeting presented by the Association Board. Your attendance is highly encouraged, along with your family. This meeting is an opportunity to review Perry’s performance over the past year, covering topics such as building and landscaping, common areas, services, staffing, financials, dues, and management. Your opinions, discussions, and suggestions are crucial, so please make an effort to join us. Several of the Perry Farm Development Co Board members will also be attending and on zoom. Following the meeting, from 4:00 PM to 6:00 PM, we will host a Resident Reception for everyone to enjoy. This event, which includes cocktails and a charcuterie spread prepared by Chef Christian and his team, is sponsored by the PVM Foundation, planned and hosted by our Residents. Feel free to invite family and friends to this delightful gathering inside and out on the patio.

We look forward to seeing you there and making the most of this summer season together!

Warm regards,
Barbara



Perry Farm Village

A SENIOR LIVING COMMUNITY

A Mission of Presbyterian Villages of Michigan



Look for PVM on:



Meet the people that make Perry Farm Village special!



Back Row: Tom McDonald, Jeanette Rockwell, Bill Brown, Pat Nolan, Jan McDonald, Jim Hill
 Front Row: Jacqui Durand, Evelyn Jakeway, Gail Brown, Joan Cox, Bill Jones

Every month on the Wellness page (page 4) there’s a mention of the “**Exercise Crew**” meeting on Monday/Wednesday/Friday at 9am. They have been meeting regularly since 2005! Most are Silver Sneaker’s members, and originally met at Bondy Physical Therapy and found their way to Perry Farm in 2019.

The Exercise Crew show up rain/snow or shine, even meeting at each other’s homes during Covid, led by their leader Jan McDonald to exercise. They lift weights, stretch bands and their bodies, and work on balance, all while enjoying great music and sharing a few laughs. This group has grown over the years, adding new faces....and they’ve lost a few along the way too. Did I mention that everyone in this group at present is over the age of 70?!!

When asked what makes them keep coming back, they said, “the camaraderie”, “friendship”, “no judgement”, “we support each other”. After they exercise, they use our board room to have a cup of coffee, and maybe enjoy a baked treat that one has made, and *talk*. They learn from each other, connect each other to parts of the HS community they might not otherwise know, care about each other and take an interest in each other’s lives. All are welcome to join this group, even if it’s just a cup of coffee at 9:30am. They are a friendly and welcoming bunch!

On page 4 of this newsletter (the Wellness page) you’ll find an article about Loneliness and Isolation. At Perry Farm Village you have the ability to connect with others, just by walking outside your front door and taking a trip down the hall....or down to the Wellness area in the lower level. But, if there is a way we can make sure you aren’t feeling isolated, please let one of our staff know so we can make a plan to help you get connected.

Board Members

PFVA

- Joanne Arbaugh
- David Hartnett
- Dr. Maria Kokas
- Kay Flavin
- Ken Ostrowski
- Paul Matthews
- John Swallow

PFDC/Hillside

- Kay Flavin
- Roy Griffiths, Jr.
- David Hartnett
- Dr. Maria Kokas
- Nancy McEnroe
- David Monan
- Emil Muccino
- Linda Rhodes-Pauly
- Joanne Robinson
- Mark Slater
- Edy Stoughton

Birthdays

- Sue B. 3rd
- Nancy M. 12th
- Betty F. 15th
- JoAnn H. 15th
- Cameron O. 21st
- Pat L. 21st



- Tiera M. 1st
Activities at The Birches
- Colin M. 16th
Dining Services Coordinator

Menu Chat
Monday, August 12th
 1:30pm



Chef Christian wants your feedback on past meals and what you'd like to see on the menu next month!



Music in the Park
Sundays from 4-6pm

Ride the bus or meet you there!
 Perry Farm Village is a sponsor.
 We will bring you a chair and a bottle of water.

Sunday, August 4th – Sunshine Strings Band
 Sunday, August 11th – Rivertown Jazz
 Sunday, August 18th – Rivertown Jazz

Drumheads
Wednesday, August 7th ~ 3pm

Under the front portico

Come hear an ensemble that includes members from the Great Lakes Chamber Orchestra for a unique, fun musical experience!



Wednesday, August 14th ~ 3-4:30pm

Annual Owner's Meeting



Cocktail reception to follow sponsored by PVM Foundation

Let's go to....

TROVATO

at Hidden River for dinner!

Thursday, August 22nd
 Bus to leave at 5pm

Place an order by phone with Harbor Market by Thursday at noon and they will deliver your order on Thursday ~ 3pm.

231-526-2021

Handbell Choir - Bay View - Thursday, August 15th ~ 7:30pm

Bus leaving at 6:30pm



Each year the 100+ handbell musicians from across the USA, Canada, and Europe are selected to perform in the "Donald E. Allured Bay View Week of Handbells" in August. If you have never attended this festive gathering or heard the sweet touch and majestic ringing of the handbells, it's a must see event!



A volunteer from Holy Childhood Catholic Church will offer a *non-denominational* prayer, a bible reading and also distribute communion to our Catholic residents every other Sunday.

Sunday, August 11th & 25th ~ 9:30am

Everyone is invited to attend!

Marty Miller
 Friday, August 30th
 4:30pm

Come to enjoy a FUN OLDIES concert!
 PFV Living/Dining rooms





WELLNESS MATTERS

Kjersti Kontio
 PFV Wellness Coordinator
 231.838.0333

Planned activities is one of the many advantages of living in our community, giving you opportunities to stay connected and feel less isolated. Enjoying a meal out or in our dining room, playing a game with a friend, or attending wellness class will help keep you engaged. However, if there is an activity that you'd especially like, please let me know. I am here to serve each and every one of you!
Kjersti



Everyone needs social connections to survive and thrive. But as people age, they often spend more time alone. Being alone makes people more vulnerable to loneliness and social isolation. Studies show that loneliness and social isolation are linked to higher risks for serious health problems such as heart disease, depression, and cognitive decline.

Are You at Risk?

You or a loved one may be more likely to feel lonely or socially isolated if any of the following apply:

- Live alone
- Can't leave home
- Are a caregiver
- Have trouble hearing
- Had a major loss or life change, such as the death of a partner
- Live in a rural and/or unsafe neighborhood
- Feel a lack of purpose

If you are feeling lonely or isolated, talk with your doctor about your concerns.

Tips for Staying Connected

You can help protect against the negative effects of loneliness and social isolation by staying active and connecting with others. Consider these tips:

- Schedule time each day to contact family, friends, and neighbors in person, by phone, email, video chat, or social media.
- Restart an old hobby.
- Take a class to learn something new. Sign up for an online or in-person class at your local public library or community center.
- Volunteer to help others in your community.
- Adopt a pet if you are able to care for them.

For More Information

Find tips and resources at www.nia.nih.gov/CommitToConnect, or call the Eldercare Locator at 800-677-1116 to connect with resources and services in your community.



Wellness Classes

Sit & Fit

Mon/Wed/Fri 10:30am
 Wellness Center classroom

Seated Tai Chi for Beginners*

Tues/Thurs 10:30am
 Wellness Center Classroom

Meditation*

Mon 11:30am
 Terrace Level Living Room

Walking Indoors Outdoors*

Fridays 2pm
 (or anytime, just lace up and go!)

Exercise Community Crew*

Mon/Wed/Fri 9am

* no charge!



We have lots of activities scheduled every week. Please check your "Happenings" calendar often, and to help us plan, please sign up on the *Wellness table* (across from the elevator) to let us know you plan to attend!

Presbyterian Villages of Michigan Mission Statement

Guided by our
Christian heritage,
we serve seniors of
all faiths and create
new possibilities for
quality living.

www.pvm.org



Presbyterian
Villages
OF MICHIGAN

THE FOUNDATION

Perry Farm Village • 4241 Village Circle • Harbor Springs, Michigan 49740
The Birches • 4211 Village Circle • Harbor Springs, Michigan 49740

Village Staff

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Kathy Barnett
Community Concierge

Christian Poupard
Executive Chef

Colin Murphy
*Dining Services Coordinator
for The Birches*

Tiera Morse
Activities at the Birches

Anna Minnick, BSN, BPH, RN
RN/Nurse Manager

Rebecca Stalder
Clinical Assistant

EMERGENCY NUMBER

24/7 Resident Assistant Desk 231-526-1500 Ext



Presbyterian Villages of Michigan Foundation serves Michigan seniors of all faiths by raising essential funds to support the mission of Presbyterian Villages of Michigan for the greatest needs of our residents. A gift to Presbyterian Villages of Michigan Foundation is truly an investment in our residents. For more information on how you can help Michigan seniors, call Presbyterian Villages of Michigan Foundation at **248-281-2040** or visit **www.pvmfoundation.org**

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